


# Mount Vernon RECenter Spring 2010 Water Aerobics Schedule

MARCH 1 to JUNE 20

updated 3/14/10

Not all classes are listed in the Parktakes you may look on line at [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
7:30–8:25 a.m. Deep Water Exercise <u>Laura</u>	7:30–8:25 am Power Finning <u>Laura</u>	7:30–8:25 a.m. Deep Water Exercise <u>Laura</u>	7:30–8:25 am Power Finning <u>Laura</u>	7:30–8:25 a.m. Deep Water Exercise <u>Laura</u>
8:30–9:25 a.m. Aqua Fit & Tone <u>Laura</u>	8:30–9:25 am Aqua Fit & Tone <u>Laura</u>	8:30–9:25 a.m. Aqua Fit & Tone <u>Laura</u>	8:30– 9:25 am Aqua Fit & Tone <u>Laura</u>	8:30–9:25 a.m. Aqua Fit & Tone <u>Laura</u>
9:30–10:25am Deep Water Exercise <u>Laura</u>	9:30–10:25am Arthritis Water Exercise <b>CANCELLED</b>	9:30–10:25am Deep Water Exercise <u>Laura</u>	9:30–10:25am Arthritis Water Exercise <b>CANCELLED</b>	9:30–10:25am Deep Water Exercise <u>Laura</u>
10:30–11:25am Arthritis Water Exercise <u>Laura</u>		10:30–11:25am Arthritis Water Exercise <u>Laura</u>		10:30–11:25am Arthritis Water Exercise <u>Laura</u>
7:00–7:55 p.m. Advance Water Ex. <u>Lynne</u>	7:00–7:55 p.m. Deep Water Exercise <u>Laura</u>	7:00–7:55pm Power Water Walking <u>Laura</u>	7:00–7:55 p.m. Deep Water Exercise <u>Laura</u>	

Class Description are located on the back.

Classes are subject to change during the session

Our classes follow the Fairfax County Public schools for weather-related emergencies

**Drop-In Rates:**

**Fairfax County Resident \$12; Non-County Resident \$15**

# Class Descriptions.

- **Aqua Fit and Tone:** This is a low-impact and low-intensity workout taught in shallow water. You will increase muscular endurance while you tone muscles and improve flexibility.
- **Arthritis Water Exercise:** Shallow water exercise using water's buoyancy and resistance will help improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.
- **Deep Water Exercise:** Take the plunge for a workout that is no impact. You'll use a variety of deep water exercises and deep water running techniques to get the maximum benefit from water's natural resistance.
- **Power Finning:** With the use of fins, kickboards, and float belts, this unique workout is designed to enhance cardiovascular fitness while strengthening and toning muscles.
- **Water walking:** Designed to improve muscle tone and cardiovascular fitness. Ideal for those who want the effects of walking without the stress on muscles and joints. Instructor will guide participants in different types of walking to work on all parts of the body.

**Participants signed up for a water exercise class may not use the equipment unless an instructor is present.**

## **Fairfax County Park Authority Winter Weather Policy**

In weather-related emergencies, Park Authority programs, events, classes and events at park facilities and schools will be canceled based upon the closing decision of Fairfax County Public Schools

When a weather emergency occurs on a holiday and/or when schools are closed, the County Office of Public Affairs will give information on Park Authority closings to the news media.

When schools are on winter break, spring break or on teacher workdays, FCPS may make a different announcement relating to closures that address employees working those days or facility openings. If no announcement is made by the schools, call the Park Authority RECenter weather hotline **703-324-8661** for information.

**Unless the county closes all county facilities, RECenters will remain open for general use.**

Call the RECenter directly for their adjusted open swim schedule. Mt. Vernon...**703-768-3224**

Contact Andrea Ziegler, Aquatic Director for any question. 703-768-3224



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354